



*Journal to Increase
Positive Thoughts*



Journaling to Manage Distressing Thoughts

Experts tell us that if you are troubled by worries, negative thinking, or intrusive thoughts, you need to accept these thoughts rather than fighting them or avoiding them. In other words, you need to learn to tolerate these thoughts and understand that they are just thoughts and cannot hurt you.

There is a three-step procedure to deal with these distressing thoughts: recognize and label them; learn to observe them rather than react to them; let time pass. Although this may sound easy, it does take some practice.

Although therapists don't recommend fighting your distressing thoughts, there is evidence that paying attention to positive thoughts may have many benefits, and continued practice may even help rewire your brain. Positive thinking may help you cope better with stress, reduce your anxiety, and even improve your health.

This worksheet is designed to help you determine if focusing on positive thoughts can help reduce your anxiety and improve your overall sense of well-being. It requires you to write down positive thought assignments in a journal for one week and then reflect on whether this activity helps you focus less on your anxious thoughts.

To Begin

Get a journal or notebook and pick out an assignment to do each day from the list below. Use one page for each assignment. Do at least one assignment a day for a two-week period and check it off when it is done. At the end of the two weeks, answer questions about the usefulness of this activity.



Daily Journaling to Increase Positive Thoughts

Choose at least one topic per day for two weeks. Write one page on the topic.

Week of: _____

Assignment	Completed
Write down five of your best qualities.	
Describe a favorite memory.	
Describe in detail the best day of your life.	
Make a list of your five most precious possessions.	
Make a bucket list of five things you would like to do in the next few years.	
Write down five positive adjectives that describe you.	
Write down a list of five favorite people you have known in your life.	
Write down five things you would like to do with your family.	
Write down five things you would like to do with your friends.	
Write down five people who inspire you.	
Write down five things you are grateful for.	
Write about a dream place you would like to live.	
Write about a favorite sports hero and what you admire about them.	
Write down something you did that you are proud of.	
Describe a memorable happy birthday.	
Describe a favorite holiday and what you like about it.	
Describe a favorite place in nature.	
Write down a favorite dream you can remember.	
Write down a favorite memory from your childhood.	
Write down five things you are good at.	
Find and write down three inspirational quotes.	
Describe what you would do if you won \$10 million dollars in the lottery.	
Write down the names of five people you love.	
Write down five people who have influenced you in your lifetime.	
Write down five things you have accomplished in your life.	
Write down five things you did that made you proud.	
Write down three vacations you would like to take in the next few years.	
Write down a list of the five funniest movies or TV shows you enjoy.	

